



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03181, Babyfood, cereal, barley, dry fortified

Report Date: June 24, 2017 22:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 3.95 Fat Factor: 8.37 Protein Factor:3.55 Nitrogen to Protein Conversion Factor:5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.4g	0.5 oz 15g
Proximates						
Water	g	6.80	22	0.200	0.16	1.02
Energy	kcal	376	--	--	9	56
Energy	kJ	1574	--	--	38	236
Protein	g	13.20	--	--	0.32	1.98
Total lipid (fat)	g	6.60	--	--	0.16	0.99
Ash	g	4.00	--	--	0.10	0.60
Carbohydrate, by difference	g	69.40	--	--	1.67	10.41
Fiber, total dietary	g	6.6	--	--	0.2	1.0
Sugars, total	g	13.20	--	--	0.32	1.98
Minerals						
Calcium, Ca	mg	643	--	--	15	96
Iron, Fe	mg	48.21	--	--	1.16	7.23
Magnesium, Mg	mg	115	3	5.000	3	17
Phosphorus, P	mg	333	--	--	8	50
Potassium, K	mg	467	--	--	11	70
Sodium, Na	mg	33	--	--	1	5
Zinc, Zn	mg	3.13	3	0.185	0.08	0.47
Copper, Cu	mg	0.467	5	--	0.011	0.070
Selenium, Se	µg	30.2	3	4.400	0.7	4.5
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.892	--	--	0.021	0.134

Nutrient	Unit	1 g			1 tbsp 2.4g		0.5 oz 15g	
		Value Per 100	Data points	Std. Error				
Riboflavin	mg	1.070	--	--	0.026		0.161	
Niacin	mg	14.280	--	--	0.343		2.142	
Pantothenic acid	mg	4.920	--	--	0.118		0.738	
Vitamin B-6	mg	0.714	--	--	0.017		0.107	
Folate, total	µg	179	--	--	4		27	
Folic acid	µg	156	--	--	4		23	
Folate, food	µg	23	--	--	1		3	
Folate, DFE	µg	287	--	--	7		43	
Choline, total	mg	45.4	--	--	1.1		6.8	
Vitamin B-12	µg	3.57	--	--	0.09		0.54	
Vitamin B-12, added	µg	3.57	--	--	0.09		0.54	
Vitamin A, RAE	µg	0	--	--	0		0	
Retinol	µg	0	--	--	0		0	
Carotene, beta	µg	0	--	--	0		0	
Carotene, alpha	µg	0	--	--	0		0	
Cryptoxanthin, beta	µg	0	--	--	0		0	
Vitamin A, IU	IU	0	--	--	0		0	
Lycopene	µg	0	--	--	0		0	
Lutein + zeaxanthin	µg	170	--	--	4		26	
Vitamin E (alpha-tocopherol)	mg	5.00	--	--	0.12		0.75	
Vitamin E, added	mg	4.87	--	--	0.12		0.73	
Vitamin D (D2 + D3)	µg	7.1	--	--	0.2		1.1	
Vitamin D	IU	286	--	--	7		43	
Vitamin K (phylloquinone)	µg	2.3	--	--	0.1		0.3	
Lipids								
Fatty acids, total saturated	g	0.894	--	--	0.021		0.134	
4:0	g	0.000	--	--	0.000		0.000	
6:0	g	0.000	--	--	0.000		0.000	
8:0	g	0.000	--	--	0.000		0.000	
10:0	g	0.000	--	--	0.000		0.000	
12:0	g	0.002	--	--	0.000		0.000	
14:0	g	0.007	--	--	0.000		0.001	
16:0	g	0.602	--	--	0.014		0.090	

Nutrient	Unit	1			1 tbsp 2.4g	0.5 oz 15g
		Value Per 100	Data points	Std. Error		
	g					
18:0	g	0.283	--	--	0.007	0.042
Fatty acids, total monounsaturated	g	1.450	--	--	0.035	0.217
16:1 undifferentiated	g	0.220	--	--	0.005	0.033
18:1 undifferentiated	g	1.226	--	--	0.029	0.184
20:1	g	0.004	--	--	0.000	0.001
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	3.859	--	--	0.093	0.579
18:2 undifferentiated	g	3.543	--	--	0.085	0.531
18:3 undifferentiated	g	0.316	--	--	0.008	0.047
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Flavonoids

Proanthocyanidin

Proanthocyanidin dimers ¹	mg	9.3	2	--	0.2	1.4
Proanthocyanidin trimers ¹	mg	4.5	2	--	0.1	0.7
Proanthocyanidin 4-6mers ¹	mg	4.1	2	--	0.1	0.6
Proanthocyanidin 7-10mers ¹	mg	0.0	2	--	0.0	0.0
Proanthocyanidin polymers (>10mers) ¹	mg	0.0	2	--	0.0	0.0

¹Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617